



the
Ultimate
Goddess
Guide™

POWERFUL
Goddess Practices
to
MANIFEST
the **Life** of
YOUR DREAMS

Isis Jade
the Goddess Guide™

The Ultimate Goddess Guide™ Series

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Guide™ Series

**Powerful Goddess
Practices
to *Manifesting*
the *Life* of YOUR
Dreams**

Isis Jade

<http://www.isisjade.com>

Powerful Goddess Practices to Manifesting the Life of YOUR
Dreams

The Ultimate Goddess Guide™ Series
Powerful Goddess Practices
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Life of YOUR Dreams

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Sharing This Ultimate Goddess Guide™ eBook

There is a lot of work that goes into putting the Ultimate Goddess Guide™ eBooks together. I can't tell you how many countless hours are invested in researching, testing and building the powerfully transformational information that is both actionable and applicable for today's woman. Certainly, if you find value in this book I wouldn't be surprised that you'd love to be able share it with your friends, neighbors and co-workers and spread the word.

In my opinion, sharing valuable wisdom and education IS one of many ways wise women care for one another. So, by all means SHARE! This isn't a traditionally published book! By All Means – if YOU WERE GIVEN FREE ACCESS TO A COPY OF THIS BOOK- GIVE IT AWAY TO ANOTHER WOMAN! Give it to another being in light & love. Spread it far and wide!

In this day and age, I believe we are meant to spread information and education that has value. Spread it like wildfire that it might grow wings to take humanity to new heights and new places we only dreamed of reaching before.

Please, share it with friends, family and anyone around you who is in need and wishes to tap into her Glorious Goddess Nature.

Yes, the information in this eBook is copyrighted. However, that doesn't mean you cannot share it. As long as you do not pretend you wrote it firsthand.

I would ask that you share this information with others in the spirit of the following – share and give credit where credit is due. Not only that you may receive in like kind a thousand-fold later in life, but that you acknowledge and reward the hard work that was put into this little work so we can all of us continue to shine light into one another's' lives.

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I appreciate the effort you go into sharing this work with others. It really does mean so much to me.

I believe many women would find this information of value, many who may not be able to afford to purchase it on their own.

You see, it was all due to a tiny and worn out, tattered little book that someone shrugged off and gave me that ended up changing my life. It is my hope this work will go on to change the life of another.

Namaste My Gorgeous Goddesses.

Much love and light is for you and yours.

Isis Jade
January, 2013

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Summary

Introduction

“Often people attempt to live their lives backwards: they try to accumulate more things or more money in order to do more of what they want so that they will be happier. The way it actually works is the reverse. You must first BECOME who you truly are, then DO what you need to do in order to HAVE what you truly want. “ ~ Margaret Young

Many years ago, I set out to begin my life. Young and impetuous, I was an intrepid explorer of all that was impossible.

Now, I grew up with a dreamer teaching me early on in my life. The dreamer was my father. He taught me that the word impossible is simply another word for a lack of faith in one's own ability to solve a puzzle – a puzzle called Life.

He taught me the greatest lesson I've ever learned: that no puzzles are unsolvable or impossible. All they require is simply a new perspective and the commitment to see it through.

“When you are stumped,” he would say. “All you have to do is find another perspective and keep trying new solutions until you find just the right fit.”

Whenever I'd get frustrated (which was often), he would ask me, with a twinkle in his eye, “What rules do you think you can bend and mold to make a solution work -- for you?”

I never gave those lessons much thought until later on in life. But it is with this spirit that I write this little guide for you, today.

My father built castles in the sky and he built ships to take us there. He worked night and day so that humanity could sail the very ethers of space.

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My father was an intrepid explorer of all that others considered impossible.

I suppose I inherited that spirit from him.

Like my father, I don't believe in impossible puzzles, hard rules, limitations or insurmountable challenges. It is a marvel to me that so many people live out their entire lives with such bizarre constraints imposed by their own belief systems upon their very spirits.

Those beliefs would be challenged time and again throughout my life. I would find being an intrepid explorer (aka: a wild woman) in a society that largely expects the opposite of the gentler, weaker sex, incredibly difficult.

For years, I fought hard against the status quo of society. I challenged every belief about what a woman is believed capable of in a time when women could rarely accomplish

very little without looks & wiles, money & connections, education & the all-important papered credentials.

At the age of nineteen, I promptly and abruptly left the father of my child after three years of his reckless abuse and negligent behavior. I knew I had to strip away everything that did not honor or respect me. That included him.

I had to find a way to believe in my own abilities as a woman without limits to live life on my own terms. I was determined I would find a way to take care of my daughter and myself.

And so, I left the home of my childhood to set upon a journey to manifest the life of my dreams. Little did I know that this journey would haphazardly lead me into suddenly losing everything I owned, living out of my car and eating raw ramen noodles inside three months.

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And yet, there I was, starving myself to feed my daughter and cycling between a number of different places (malls, cafes, laundrymats) just to avoid running my car all night long and wasting gas.

In the midst of hunger as I never experienced before, feeling empty, helpless and hopeless, I had asked Spirit to send me a sign one morning. I was desperate for any answer. I was lost, alone and scared that I would have to return home, my tail tucked firmly between my legs, an absolute and complete, total failure.

Only, I knew I didn't have a home to return to. I'd have to beg and plead to be taken back. My mother was a hard, cold woman, with little to no affection to offer her children. She had told me in no uncertain terms that once I moved out, I would never be welcomed back again.

Back then I didn't understand how my thoughts created my reality. Here I was, living in my own world of my own creation. A world filled with lack. Not abundance. My life

from the very beginning was scripted with me living the center stage as a Victim to other people's abuse, discarded like garbage when no longer worth anything.

This would be a theme I'd play out off and on throughout my life until I learned to step away from victimhood altogether, stop playing the blame game and finally define my life on MY TERMS.

All my thoughts, my beliefs, my habits and my choices led me to this position in my life. Life as a homeless, single mother.

I was feeling very hopeless that day I walked into the Laundromat. I was trying to keep the tears from filling my eyes as I popped my tiny load into the washer and sat down to distract myself by playing with my beloved little daughter.

I glanced over at the table filled with old magazines and ruined books, looking for something I could read to her. It

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was there that I first stumbled upon a dog-eared worn out copy of an old, tattered paperback pocket book that ended up changing my life. It was sitting on top of a luxury home magazine. I picked up the book at first to look at the magazine.

There on the front cover was the photo of my dream house.

A house similar to the one I had dreamed about since I was a child. A Spanish courtyard home, two story with gorgeous tiled garden portico and a lovely three tiered fountain.

I was in love. I turned the tattered and worn out pocket book over and over. I felt compelled to read it.

That book and the cover of that magazine fueled me with a passion and fervor I never felt before.

Little did I know that day, but I had discovered a path to discovering my true strength within. When I picked up that

tattered copy of that little pocketbook, I would learn to step out of victimhood and into a position of true empowerment.

What I now call Goddess Power.

I read part of the book aloud to my daughter that day. When it was time to go, I asked the owner of the Laundromat if I could take the little book and home magazine with me. She knew my plight. She smiled weakly at me, glanced down at the book, shrugged and nodded.

Following the strategies in that now lost little book, I was able to manifest a career inside 10 days that would eventually take me on the adventure of a lifetime.

I ended up working on some of the most opulent, impossible dreams on the Las Vegas strip ever imaginable. From the Fremont Street Experience and the Stratosphere Tower, to New York, New York, the Bellagio, Paris... so many more adventures awaited me to discover them.

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After six months, I had sharpened and developed new abilities that enabled me to manifest even more magic in my life effortlessly.

I wasn't after money, just yet, however. I was after experiences and knowledge. I was hungry for lessons at a time in my life where I didn't believe the most profound lessons could ever be learned or experienced inside a classroom.

I dearly wanted to know how I could achieve what so many powerful men had achieved for themselves as legacies without the dogma of classroom credentials and boring lectures.

I found myself manifesting opportunity after opportunity to learn from masterful manifestors. Time and time again, I would meet Sultans and powerful entrepreneurs. I had dinner with multi-millionaires and watched billionaires write out checks to nonprofit organizations for impossible amounts of money.

Together with teams of engineers, laborers and focused, visionary thinkers, we came together to build casinos, hotels and secret compounds that to this day remain as standing testaments to the feats of human accomplishments. While many people consider Las Vegas Sin City, I found in that city an education like no other.

Later in life, I would take those same skills and abilities I learned from a variety of colorful and eccentric people and use them to build companies, sell technologies to investors and build eight figure business platforms for some of the most successful businesses to date.

I experienced first-hand that nothing is impossible if you are willing to commit to a path that will take you to the very limits of your potential.

Certainly, my educational path was somewhat unorthodox. But so too, were my dreams and goals. While most people sat in the traditional classrooms of universities dreaming of

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the day they could walk down the aisle and collect a degree, I walked empty sand lots where big dreams would eventually be built and sat across negotiating tables from some the world's most powerful men, dreaming of the day when I could be sitting and dream building where they sat.

What I haven't told you is the downside to using rapid and powerful manifestation strategies. When we aren't careful with our manifestations, we often have unintended experiences. What I call unintentional manifestations.

We must take full responsibility for our ability to manifest the good in our lives as well as challenging or tragic experiences – or else we just become helpless and hapless bystanders in someone else's game. Most people never take full responsibility or accountability for their fate. They just sit idly by letting life happen to them, rather than them happening to life.

You must be careful in what you intend to manifest for yourself and for others. This isn't power to be used lightly. You must be very, very careful how and what you intend to manifest in your life and what its outcomes would be like.

For you see, unintentionally, I also manifested the opportunity to come face-to-face with my worst fears.

I unintentionally created the opportunity whereby I would be held captive by a psychopath who beat me, drugged me, poisoned me, raped me and very nearly killed me. After fourteen weeks of being tortured, I was finally able to step back into my power and manifest the opportunity to escape, or be killed trying.

Although I had escaped from that horrifying experience, it would take the next fifteen years of my life to heal myself fully. I embarked upon the healing journey of a lifetime that would end up taking me half way across the world, meeting the most powerful healers in existence before I

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came face to face with my Authentic Goddess Power once again.

I finally embraced her so I could completely reverse the damage done to my mind, body and spirit and return a whole person, capable of the impossible. I came back determined, that yes, I was worthy to pursue ALL of my dreams.

Today, I am building a new dream – a dream more akin to who I truly am and what I'm here to do. To be here – guiding YOU, my fellow gorgeous Goddess, as you embark upon the journey of your life.

I am excited to be teaching you the key strategies to manifest a life of your dreams on your terms – no matter how impossible you might think it is today.

The one thing I continue to say is this: I definitely intended to live a wild and crazy life. ☺ I certainly have done that and I continue to do so today. Today, I live life with

spontaneous, joy-full gratitude and I love every minute of it.

I never dreamed that I could achieve so much – with so little.

And I am indeed eternally grateful for every moment of this wild and crazy ride.

When Will My Dream Life Begin?

The truth needs to be told.

This is something that nobody explains to you. Oh, they try to tell you in so many words, needless exercises and countless books that are all trying to sell you a path to your dreams.

Seriously though, you don't really NEED any of it.

All you need is one key. One key. That's it.

This is the one key that will unlock every dream, release every fear, and empower you to step into YOUR Authentic Goddess Nature and DO what YOU are HERE to DO.

**YOUR DREAM LIFE BEGINS THE
MINUTE YOU TRULY BELIEVE IT
EXISTS WITHIN YOU TO MANIFEST
IT.**

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I started with nothing. Less than nothing. However, I simply began with wherever I was at, with whatever I happened to have on hand. Often all I had were my wits and an inspired notion to go do something.

I simply believed ardently in my Spirit-given gifts and abilities and committed myself to manifesting creative, radical solutions.

I also happened to believe ardently in an ability that I could tap into the Universe at anytime so I could convey to anyone, anywhere that these radical and creative solutions would work even where at times nothing at all seemed remotely possible.

My keys to success:

- Believe in impossible dreams as if they have already come true.
- Expect impossible miracles to happen effortlessly.

- Expect strategic synchronicity to occur perfectly at the perfect time to manifest the ideal solution for everyone's highest and best good.

Beyond a few professional accomplishments, I am simply a Goddess embodied in a physical form, just like you, who LOVES exploring a wondrous universe and playing with those who also love to explore impossible what-if scenarios with me.

Certainly, who I am today is not who I was when I left my childhood home as a single mother. And yet, in many ways, I am more like her today than I've ever been.

Anyways, enough about me. Now it's time to teach you something new.

Powerful Goddess Practices to Manifesting the Life of YOUR Dreams

In today's Ultimate Goddess Guide™, you are going to learn how your habits and practices shape your life. You are going to learn some Powerful Goddess Practices that you can employ to begin manifesting the life of your dreams.

All I ask you to remember is this:

YOUR DREAM LIFE
BEGINS WHEN YOU
DECIDE IT DOES.

What Ultimately Determines Your Dream Life?

How you go about your daily routines ultimately determines the quality of life you live.

Yes it really is that simple.

How you THINK informs the ACTIONS you PRACTICE, what you CHOOSE to DELIBERATELY PRACTICE regularly becomes the HABITS that shape and mold your life into what it is today.

Yesterday's emotions, thoughts, reactions and actions inform today's outcomes.

Don't like your life the way it is?

Well, changing your life really is as simple as this. All you have to do is:

**COMMIT TO MAKING A NEW
CHOICE TO PRACTICE A NEW
HABIT – RIGHT NOW.**

So often we go through our daily routines automatically. We largely go through many of the same routines our parents do – and, yes, they go through many of the same motions their parents did.

Yes, we do, even in the midst of all the new technology. How our relationships unfold are largely informed by how our parents interacted with one another. How we communicate is largely informed by how our parents, teachers and authority figures communicated with us.

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That is, unless we are conscious enough to make tangible adjustments and live our lives more consciously, more creatively, more vibrantly than they lived.

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The two questions I get asked by my clients and listeners daily are these:

**HOW CAN I FILL MY LIFE WITH
UNLIMITED ABUNDANCE, JOY
AND A REAL SENSE OF
FULFILLMENT?**

**HOW CAN I CREATE A MAGICAL
LIFE I TRULY WANT TO LIVE?**

The answer is contained within the pages of this simple guide.

I am going to teach you how to develop Powerful Goddess Practices (what the world calls habits) that ensure you start living the life of your dreams – Starting Today.

RIGHT THIS VERY MINUTE.

Are you excited???

AWESOME!

Let's get started!

“Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character.”

—Stephen R. Covey

The Most Essential Powers to Manifesting the Life of Our Dreams: RIGHT NOW.

YES. It really is THAT simple.

Girl, I don't know about you, but I honestly just don't have the time to delve into a huge tome filled with tons of complicated secrets, mumbo-jumbo or lots of hard and heavy workbooks I have to fill out. I also don't have the time to go through all the worthless self-help motivational stuff to find the little nuggets of key powers that lasts all of five minutes.

This is the stuff that most people seem to fill up their lives with.

What I have found is that through all the razzle-dazzle and flash and panache, the real secrets to optimizing a life you are bored with into a life of your dreams simply requires a few hacks to how you associate to things you think about and how you choose feel about what you take action on – especially around the area of our daily habits and practices, a sore subject for most people.

I learned the secret to tuning my brain and spirit to the point that I know I can MASTER nearly any subject in the time it takes most people to limp through a single introductory class. I don't tell you this to sound incredibly intelligent. I tell you this to show you how far I've come. You see, after escaping my abduction, I suffered from brain damage and severe memory loss.

I had to learn how to optimize my brain and make the most of it. So I studied neural networks and programs to optimize and streamline information and task mastery.

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But I also learned much more along that journey. That it didn't matter how much you master your mind – if your heart and spirit aren't healed and made whole at the same time. If you aren't in tune with your authentic spirit, the who and what of who and what you truly are, nothing in the world is going to stick. You'll continue to sabotage even your best efforts.

This isn't remarkable, or unusual. The most successful people use these same technologies I use to achieve the same results I achieve in my life. And yet, most of them still come to me feeling empty, sad and unfulfilled.

I know you can master any subject and any skill you want and manifest any outcome you desire.

However, at the end of the day, we all want to be authentic masters of our universe. We want to be whole, loved, fulfilled, accepted, embraced, all while we contribute something lasting and remarkable to our world.

So really, the only questions you need to ask yourself are these:

WHAT do I want my life to LOOK LIKE?

How do I want to FEEL in my LIFE?

What do I WANT to EXPERIENCE MOST of ALL?

What are my real and TRUE INTRINSIC NEEDS?

Close your eyes and ask this of your deepest self.

Then, just simply allow the answers to emerge from your deepest places, in visions, in words, in feelings, in thoughts.

If your real needs include being seen, being heard, being a voice or being creative, then by all means, you need to take the steps to take you there. For as long as you continue to ignore your authentic nature, she will continue to cause chaos in your life.

A Day in the Magical Life of the Goddess - YOU

Take a moment now, and close your eyes. Take a deep breath and dream up an entire day in your ideal dream life. I know everyone tells you to do this, but really... try this exercise. I ask you to do it – for YOU.

Realize, you've never done this exercise AFTER you asked your authentic, true spirit self what you truly need in your life to feel what you desire to feel, and to experience all that you desire to experience. You may find your answer to be radically different from what you ever thought.

Visualize your entire day. Allow it to unfold. Don't take it for granted. Really LIVE in this visual experience.

From the moment you get out of bed until you go to sleep. Consider and contemplate the entire day. Ask yourself all these questions below and write out your day in as much detail as you can find.

If you hate to write, then record yourself talking about the day in the ideal life of the Goddess that is YOU.

What does it look like?

What are you doing?

Who is with you?

What does your bed look like? Your curtains?

What does your bathroom look like?

What do you smell?

Where are you staying? Are you living somewhere else?

Look out your bedroom window.

What do you see?

What will you eat for breakfast? Who is enjoying breakfast with you?

What are your plans for the day?

What will you do this day?

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Who are you going to do them with?

Who will you meet?

What will you talk about?

What activities will you be engaging in?

What will you do for lunch?

What does your afternoon hold for you?

Where do you go for dinner?

With whom?

In the evening, what will you do?

Who do you see at night?

Now take a deep breath. Smell everything around you.

Feel what it feels like to be THAT Goddess, living THAT
life.

Does it excite you? Warm you? Enliven you?

Or are you scared? Worried? Fearful?

Feel your whole body over. Are there areas of stress or
tension in your body as you envision this day? Or are you
LOVING every moment of it?

If there are feelings of stress or tension anywhere at all, it's because you may be forcing this vision on to your authentic nature. It's not unfolding from your deepest places, from your most authentic self. You may have some aspects you've come to expect of yourself, because, well, because you think you are expected to have this aspect in order to be successful, happy, fulfilled, seen as a pillar in your community... etc, etc. If that is the case, you may want to embark upon the The Goddess Guide's Program called the Ultimate Goddess Guide to REAL SUCCESS to support you as you embark upon a journey to redefining what success truly means to YOU.

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I don't know about you... but,

I like fast, rapid, immediate, PERMANENT changes I can implement – like yesterday.

I'm pretty sure you'd appreciate NOT wasting your time agonizing over decisions any longer. You probably don't want to agonize over unhealthy habits that keep you from actualizing your dreams and tapping your true unlimited potential.

However, I also like to be patient and give my time fully into those things that will reward me a thousandfold as well.

For example, I gave myself all the time I needed to really get to know myself, fall in love with myself and honor myself. I gave myself the gift of time to explore all kinds of ideas I had around success, affluence, happiness, fulfillment, hobbies, businesses, industries, travel and experiences I believed I wanted to have. I don't want to

waste my time doing things that aren't in harmony with my inner nature. So I gave myself the gift of time to really get to know, love and accept – me for who I am. ☺

I also give myself time to create and time to express myself authentically.

Finally, I give myself the gift of time doing things I truly love just for the sake of loving them (kayaking, hiking, travel, eating, meditation, wine, yoga). I give myself over to thinking, contemplating, fantasizing, honoring my body, imagining, playing. Anything I like to enjoy my life. Most of all, I have time I love to give just BEING with my friends and family.

Like you, I don't want to waste all my glorious, juicy awesome precious time I have left here on Earth in fear, in worry, in pain, in uncertainty or sadness. I'm pretty sure you don't want to waste your time in those emotions, either.

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So, I developed a process that enables me to experience fully a situation at hand, learn from it, use it to make healthy and optimal choices for me now and in the future, not leave any part of my heart or mind behind in that past experience and move forward in my life without guilt, anger or resentment over the experience.

I learned not to label a habit, experience or a thing as good or bad. It's positive or negative – as it relates only to my dream life – my goals and my desires for myself.

It just is, what it is. By not labeling it as something good or bad, I'm not labeling myself as a good or bad person. Thus, I don't give my mind over to fear. I don't trigger my mind to obsess over an experience. Once it's done, it's done. Time to move on. I make a decision and move on.

I also come from a background in technology, so I live for AGILE, rapid solutions to solving problems that all of us encounter in our lives.

One of the greatest problems that every one of us encounters is the problem of replacing unhealthy or negating practices that keep us from living lives filled with abundance, joy and magic, with positive, healthy, joy-full practices that fulfill our spirits, nourish and honor our minds and bodies.

So, I'm all about rapid learning and rapid success mastery of any area of life.

Life is just too short to spend wasting it waiting for us to learn to LIVE IT!

“Life is what happens to us while we
are busy making other plans”
— Allen Saunders

So, Just What is Life All About?

Life really is nothing more than a series of choices, thoughts, actions, practices and rituals we apply meaning to (what the world calls habits).

1. Your daily choices, practices, thoughts and rituals make up nearly all of your life. What you do every single day over and over again combines, over time, to become the very foundation of your life.
2. Our daily choices, practices and rituals take no time at all to become ingrained into our being as automatic behaviors. Tony Robbins says it takes 28 days to form a habit. I disagree with that assessment.

After twenty years of study, I find that there is a point in the center of the experience when we FEEL immediate sense of alignment with our core self. IF we identify pleasure and gratification in that integral moment of an experience, we will ingrain it into a part of our psyche almost immediately. However, that habit will not stick until we've practiced it regularly with that same feeling of attachment to our core identity.

Only then will that new habit become a part of our live. In other words, we will ultimately identify it with a pleasurable part of who we are, even if later on down the line we are guilted into believing it's a toxic habit or an addiction. It is this reason alone why addictions to toxic substances appear to become almost immediate and almost impossible to break.

When we align that experience with an immediate sense of positive validation of our sense of self-identity – the alignment into a ritual for ourselves is **almost** instantaneous if it is practiced with that same validation

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over and over.

3. I also find when we associate PAIN and FEAR within that integral moment of time, our brain make a connection to our key core identity and rejects it as being a core part of ourselves. That is the moment when the habit becomes too difficult for us to form. We associate pain to the experience, so we will do whatever it takes to sabotage our own efforts and avoid that experience again.

We will obsess about it, we will negate it, we will make excuses to avoid it at all costs. This is why so many people avoid exercise. It's a core and key part to honoring our body by moving it, but so many of us have associated pain and fear as an integral part of that repetitive exercise (maybe someone snickered at us the first time we stumbled on a treadmill, or someone sneered at us in our workout clothes) – so we've identified it as too painful and thus NOT being core to

who and what we are.


4. When you develop a practice over time, you take the action out of the realm of conscious choice and move it into an automated program the subconscious manages on your behalf from that moment on. This is why how we associate ourselves to that habit becomes so important.

You no longer make a conscious choice every time you take the action to do it. If you associate the habit as a validation of an aspect of your self-identity (positive or negative aspect of your self-identity, it doesn't matter), you continue to deepen those neural associations about yourself.

You don't even think about it or make yourself do something once it's become a habit. You just do it automatically. If you LOVED the experience, making it a ritual or habit is effortless. If you associated PAIN or FEAR with the experience, you will avoid it at all costs,

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UNLESS you gain some form of benefit from it. Most the time I see women gaining tremendous benefit from living their lives as victims. They gain the benefit of sympathy from their partners, their friends, their children, even their coworkers. They can use the victimhood mentality as a way to avoid making the healthy changes they know they need to make in their lives, because they continue to receive validation for their self-identity.

5. Our daily rituals and practices inform us (and the entire universe) as to  and what we are, what we expect, and what we believe we deserve. These rituals can be empowering, liberating and freeing, or inhibiting, life-sucking, destructive and toxic.
6. There are joy-filled enlivening daily practices that empower you to attract and manifest what you want most in life, while there are other practices (like cycling thoughts of self-doubt and disbelief) that hold you back,

preventing whatever you desire for yourself from ever realizing in your path.

7. Positive, empowering practices manifest the life you desire. For example, I knew I wanted to write. I didn't know what I wanted to write, but I knew I needed to write. I have associated my core identity with writing. Therefore, I've written nearly every day of my life since I was able to write. At some point in time along my path, when I'm ready, I'll publish a ~~good~~ work that I hope will empower women the world over. Until then, I am practicing an important ritual – the practice of writing is a vital form of self-identity - for me.
8. If you form a positive ritual you've identified with a core part of your authentic, vibrant Goddess Nature, you're more likely to enjoy the unlimited abundance, miracles and fulfillment of the magical, dream life you are capable of manifesting!

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Your core, daily practices are the most POWERFUL elements of your life. And yet, we rarely ever think of them as such. We often think of habits as difficult to break or difficult to form.

Whether you look back on your day-to-day routines or throughout your overall life, you can see it is made up of all the small, nascent, often nonsensical, automatic responses you have to life's various stimuli. Those reactions practiced consistently become your Goddess Rituals – what the science of behavior calls habits. So if you establish positive, empowering rituals that HONOR your TRUE, Authentic Goddess Nature, you'll DEFINITELY live the life of your dreams.

I GUARANTEE IT.

“I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.”

—Charles Dickens

The Behavioral Science of Personal Mastery

New research by Phillippa Lally and others at University College London has shed some powerful light on the science behind habit formation.

As a Goddess, this is a VITAL KEY to mastering ALL areas of your life. I know, talking about habit development is not sexy, nor does it SEEM magical, but this is the first step to mastering the manifestation of a life of your DREAMS.

Here are the results of their research and some suggestions for manifesting new daily practices that enliven you and empower you, based on their findings:

1. A practice likely needs to be repeated 66 times consecutively before it becomes automatic if the practice has been identified as core to your beliefs about who and what you are.

If you've ever failed to establish a new daily habit by performing a practice (say working out) every day for 14, 21 or even 28 days, now you understand why.

Habits don't become automatic unless you've done TWO things: practiced consecutively for 66 days, AND ingrained it as a CORE part of your self-identity, your value and belief system.

Otherwise, no matter how hard you work, you are working to oppose yourself.

The key here is to fully invest yourself and truly commit to your new practice for 66 days. By the way, the number 66 is no coincidence. The number 66 is the

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spiritual master number of LOVE & HONOR. By repeating a practice 66 times you are committing to a practice of LOVING and HONORING yourself with that practice. ☺ I love the magic of numbers.

2. Repeat the practice at the same time, in the same setting or situation, with the same [affirmational mantras](#).

You're more likely to form an automatic pattern when you keep practicing in the same place, time and/or situation. Where you are and what you are thinking both affects the practice of habit formation.

- ➡ In essence, if you're in the same place when you're practicing the new behavior over and over, you're more likely to successfully form a new, empowering habit.
- ➡ If you are thinking positive, uplifting thoughts right before you perform the habit, and you ~~identity~~ [identify](#) the habit with being a part of WHO and WHAT you

are, you are more likely to form the habit automatically.

- ➡ Ideally, perform your practice in the same place for the first 66 days. Whether you do your practice in your home, office, or elsewhere, keep it in the same location for the first 66 days. Then you can expand to apply your new practice in other places after you've established it as an automatic pattern of your life.

3. Practicing a new habit is “cue-dependent.” When training animals, I use cues in my body language as well as cues that reward the behavior I am seeking. In this manner I can train an animal in the fraction of time it takes most people.

Training people works exactly the same way. We are more likely to respond to positive cues than negative cues. Whether you ingrain a practice or not does depend to some extent on the cues (clues) you leave behind

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both in your environment, in your mind and in your behaviors before and after your practice.

Cues are energy dependent. Positive cues leave positive energy (clues) for us to use to remind ourselves and positively reward ourselves for engaging in a practice that feels enlivening to ourselves. Negative cues (negating clues) leave negating energy that makes it more difficult for us to ingrain the new practice into our lives. Most people mistakenly leave negating clues around their lives and their space rather than clearing the space to make a real energetic and spiritual commitment to their new practice.

There are 2 types of cues (clues) that affect our ability to master practicing a new behavior: situational and contextual.

- ➡ Situational cues are clues that originate from your environment or location while contextual cues are

clues you engage in while in conjunction with or related to the new behavior.

- ➡ An example of a situational cue is what you see in the morning when you first enter your kitchen: you see your coffeemaker and automatically make some coffee. Your coffee maker is, therefore, something that triggers you to make your morning coffee, which you do every morning (out of automatic habit).
- ➡ An example of a contextual cue in this case of morning coffee is that as soon as you shut off the alarm and put on your robe, you head to the kitchen to prepare your coffee. Getting up and putting on your robe both triggers you to go make your coffee.
- ➡ Another form of situational cue is seeing how your mother or father enjoyed their morning coffee. There is validation that pleasure can be derived from enjoying coffee. Or perhaps you and a loved

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one enjoyed the process of making and sharing coffee together. All these things provide situations whereby you are positively rewarded to make (and enjoy) your coffee.

4. Consistency is an important key to establishing healthy, empowering habits. Results of this extensive research emphasizes the importance of consistency when practicing a new ritual – especially at the beginning stages of creating your new practice for yourself.
- ➡ Although you could skip a day when first practicing to establish your new habit, it's unknown how many total days you could skip during the 66 days and still successfully form a habit.
 - ➡ During the studies, those who skipped even one during the first 66-day cycle were significantly less likely to successfully establish their new habit.

One could theorize that you're setting up your neural networks to fail at becoming good at establishing new habits early on in the process, therefore sabotaging your success.

- ➡ Make your new practice an integral part of HOW you identify yourself.

For example, if you've always identified yourself as being lazy and hating to exercise, start identifying yourself as someone who LOVES to FEEL her BODY MOVE. Instead of calling it exercise, call it dancing, or something that feels more JOY-FULL than just routine exercise.

- ➡ Commit to the same time and place for 66 days to FEEL YOUR BODY MOVE. Don't label it as something you loathe to do, label it as something that FREES you up to experience yourself as something and someone completely new!

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- ➡ If you've always thought of yourself as uncreative and hated drawing or doing anything creative, perhaps you can express yourself through finger paints, or playdough. Buy kids things, and practice being a KID again. Give yourself time to EXPRESS YOUR KID NATURE, rather than calling it “creative” time or “art” time.
- ➡ Don't LABEL your efforts as good or bad. Just experience your practice. Stop the judgment cycle dead in it's tracks. I have a sign on my wall at home that says: “You have entered a Judgment-FREE zone”.

Every client, every friend, every person who enters my home feels free from judgment, from ridicule and safe to express themselves authentically.

Another client of mine once called my home a “Free-choice” zone. She felt as if ~~for~~ the first time in her life, she had full freedom to make new

choices in every aspect of her life, simply because the energy in this space was freeing for her.

Before we knew it, she made free choices that changed her life, changed her career direction and even freed her up to make a new commitment to a life partner she had long feared to do.

Feel what it's like to be FREE in the moment. FREE in your new practice. Don't see it as a confinement but as an opportunity to FREE yourself into your new life. Be in the moment with YOURSELF in your new ritual, no matter what it is. Celebrate it. After all, it's just an experience. It's not a good or bad experience.

- ➡ Continue to make small adjustments to your practice and keep on it until IT FITS YOU. Don't try to mold yourself to FIT IT. Feel out what part felt wondrous to be you, and what part didn't feel amazing to be you, and adjust accordingly.

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- ➡ Make a pact with yourself to repeat the practice for at 66 CONSECUTIVE days without fail. Start your new practice during a time that you're fairly sure you can repeat the desired behavior without interrupting your new routine.
 - ➡ Find an accountability partner who will remind you to practice. Someone who will make you feel pain when you didn't accomplish it and someone who will reward you for your new practice. My middle daughter is a rigid, no-excuses type of person, who is full of positive reinforcement, but man can she make me feel bad when I don't practice... therefore she makes a powerful accountability partner!
5. Pair your new practice up with something you already do regularly that you get TREMENDOUS joy out of. For example, I won't go for my morning coffee until I've meditated for 15 minutes. Be consistent with your reward system.

It really is, that simple.

Who are you, REALLY?

Decide WHO you are in your heart of hearts. I know a lot of self-help folks tell you to decide who you want to be like and model them, but I'm telling you go back to your heart of who and what you truly are and look there, first.

By focusing on two things: WHO YOU ARE and what it is you really want out of life, only then can you truly develop the practices that support WHO you are and the dreams you have in your heart. This will ensure you begin to live the life you truly desire.

My Awaken the Infinite Within Program is designed to guide you into meeting your TRUE Inner Self. This program allows her to awaken within you and radiate out into your life all your true gifts, abilities and capacities for

a magical life. You can find this program on my shop at <http://www.isisjade.com> . I also recommend subscribing to my 52 week Love Letters program (absolutely free) to continue to inspire you during your 66 days of personal transformation.

If you commit to LOVING and HONORING yourself for 66 days by adopting a positive new practice, it will EMPOWER you to succeed in rapidly manifesting changes in your life.

Now, if you are having difficulty in following a path of positive practice development for 66 days, you may like my program: 66 Days of Honoring and Loving YOU, A devotional program dedicated to assisting you in laying in a new course for your life. You can find all these programs on my website, <http://www.isisjade.com>. Be sure to subscribe to my newsletter, so as each program comes available with limited space, you can opt in to join right away.

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I've used these strategies every time I've wanted to learn a new skill, take a practice I already have and master it deeply, or adopt a positive new practice that will enliven and empower me to be the person I know I deep down inside I truly am.

Now, let's take a look at negative practices we tend to adopt and their consequences. We'll also talk about how we can substitute JOY-FULL practices that love and honor us for negative practices that deplete us and leave us in pain.

This really is a key to making lasting changes in manifesting a life of your dreams.

Unconscious Practices and Their Devastating Effects Upon YOUR Life

Habits can be anything. They aren't JUST actions. Habits are also habitual, automatic, programmed cycling thoughts we think constantly and the words we speak that drive our behaviors and reactions to life's ups and downs. ALL these things together create our various life events as well as our reactions towards those events.

Many times we feel powerless to stop a tragedy or negative event from transpiring, but there it is upon us nonetheless. However, we can become empowered to take positive, proactive action and ensure the event doesn't cause further damage in our lives.

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Now, I want you to take out a sheet of paper, or open up a writing program like Word or a Text Editor on your computer or your mobile device.

I want you to think about all the habits you feel you do that cause unwanted, negative situations in your life.

The unhealthy or downright destructive thoughts, actions, behaviors, and words you use or practice.

Take some time and brainstorm now. Just write freely. As freely as possible, as quickly as possible, without thinking too hard on this area.

- Write down all the negative things you think to yourself on any given day, about yourself or another person.
- Write down all the automatic things you say or write to others on any given day, about yourself, a situation or a person.

- Now, take a moment and write down all the habits you believe are negative and wish you could change.
- Include any damaging habits you have practiced in your relationships with others.

The reason I started you with your thoughts, is because our thoughts become our most powerful incantations. When we are not careful of the words we use within our thoughts, we incant spells upon our lives that result in attracting situations and experiences we'd really rather not have attracted to ourselves.

Remember when I told you that at the beginning of this book that this is a power we have to be careful using consciously and carefully? Well, when we intend to make lasting changes in our lives, we have to also be careful of unintentional consequences and how they radiate out

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around us when we are not careful with our thoughts and emotions.

Negative thought patterns and negative emotions are habits. These habits can produce results that are completely contrary to what you desire. They can sabotage your best efforts, destroy your most precious relationships, and take you down paths that lead to negative consequences or worse, tragedy.

You wouldn't consciously choose to keep yourself from what you truly want. Neither would I. However, all of us keep repeating patterns and practices that lead us to sabotaging our own best efforts just because they are what they are: habitual patterns that drive us to react in really dumb ways and do - well – really dumb things.

If you can take this time now, to HONESTLY evaluate every aspect of your life, be ready and willing to take full responsibility and accountability for your results, and stop blaming others for your outcomes in your life to date, you

will begin to uncover your destructive patterns that you unconsciously practice.

Most women I know feel powerless to change their lives. For a long time, I also felt that same sense of powerlessness. I am here on the other side of abuse, tragedy and trauma to tell you its not only possible, IT'S PROBABLE that you CAN turn your life around.

However, this is only possible if you stop blaming everyone else around you and begin taking proactive steps to influence your own life path.

Then and only then, will you begin to see how what you're doing is affecting your life. Once you can see past the blame and into your own patterns and habits, you can make the conscious choice to stop blaming others (and yourself as well) and COMMIT to making the lasting changes you need to make to manifest a most wonderful life for yourself AND your loved ones.

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Maybe you haven't achieved your work goals or your health isn't as good as it could be because of your negative habits. Maybe your relationships are falling apart because you are so hyper-defensive or reactive to the least little thing someone does. Perhaps you believe everyone is out to get you. These are habitual patterns you may need some assistance in overcoming and recreating into new and healthy practices that honor your true and authentic spirit.

Subconsciously (or even consciously), you have to be experiencing some kind of benefit or you have identified a core part of your identity in order to continue to practice negative and destructive habits that cause your life to stagnate around you.

That's the only reason you continue practicing them.

So, let me ask you something.

Is the tiny and really almost nonexistent pleasure and benefit you get from these few destructive habits more

important to you than all the wondrous possibilities you've dreamed of for your life?

Are these habits so important and so core to your self-identity to maintain that you would risk wasting your ENTIRE life away because you believe changing a little habit (like victimhood) will damage your core identity and your entire belief system about people and the world around you?

Do you really believe people are out to get you?

What if people generally were as good and well-intentioned – as well - as say someone like you?

Is change really simply something that is just too difficult for you to do because of it's impact to other areas of your life?

**DO YOU REALLY WANT TO BE A
SLAVE TO YOUR NEGATIVE
HABITS?**

**OR WOULD YOU RATHER BE A
DIVINE, FULLY EMPOWERED
GODDESS DEFINING & LIVING
YOUR LIFE ON YOUR TERMS?**

CASE STUDY #1

Becky is in her thirties. She wants to get out and play soccer with the gals in her neighborhood who get together every Saturday at 10 a.m. She used to love playing soccer in college and for a few years afterward when she first started working. She was also in better physical shape back then, but after two kids, she feels like she just has no time and no energy, although she dearly would love to rekindle this passion of hers.

She also really wants to get back in shape. She used to be very athletic and slim. Every few months she tries to commit to an exercise routine only to lose interest. Soccer was once the only thing she ever needed to stay in great shape.

Even though she talks all the time about wanting to get back into shape, it's a challenge because Becky is now 20 pounds overweight and struggles with high cholesterol. After work during the week, she's just too tired from

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working and taking care of the kids to do anything. Truth be told, she loves to sleep in on Saturdays. That's the day her husband takes on to give her a little break from the kids. He sleeps in on Sundays and she sleeps in on Saturdays.

So, Becky rightly believes she is entitled to stay in bed on Saturday mornings after getting up at 5:00 a.m. to get the kids ready to go to school and her off to work all week. So, she sleeps late — until around 9:30 a.m. Then she gets up to the family's favorite breakfast. Her and her husband make coffee, eggs, bacon, sausage and pancakes. Add to that, glasses of orange juice and milk. By the time she eats breakfast with the family and does the dishes, she's in no condition to play soccer.

In this example, what are the benefits to Becky to keep repeating her Saturday morning ritual? How is she being reinforced to continue the behaviors that are actually keeping her from what she truly wants?

1. She gets to lie in bed longer, taking a break from her normal routine, which she longs to do.
2. She loves the experience of eating breakfast with her family. It feels decadent to her to eat a breakfast so full of flavors and she enjoys the family time. Frankly, it just all around a really great way to start her weekend.
3. There are no real demands on her during this time. She doesn't have to get dressed, get the kids to school on time, go out or accomplish anything.
4. Becky deserves it. She's convinced herself she deserves to relax in bed on Saturdays as long as she pleases, because it's the agreement her and her husband came to.
5. She feels entitled to enjoy her breakfast with her family, and choose not to play soccer. Emotionally, she sends herself the message that after working all week, she can behave however she wants, regardless of the

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consequences to her health, long-term. The moment now is all that matters. Enjoying time with her family and their connection.

The fact is that Becky's Saturday morning habits of sleeping late, eating a breakfast loaded with calories and fats, hanging with her family and avoiding playing soccer set the tone for her entire week and definitely, maybe even her life!

Becky has consciously convinced herself she's doing what she wants. But is she really? After all, all she's doing is repeating a series of unhealthy habits.

Which would she truly choose – if she were really in touch with her Authentic Goddess Nature, and truly honoring herself?

Would she cave into expectations of being there on Saturdays with her family and stay in the shape she is in, possibly at risk to her very health as she gets older and less

capable, or would she do something that honors and celebrates herself by being in great physical condition, playing soccer and hanging out with the gals on Saturday morning?

Perhaps she could encourage her family to come out and watch her play soccer on Saturdays?

NOW, IT'S YOUR TURN...

Take a minute or two to ponder the situations in your life you'd like to change. Are you like Becky — engaging in negative, destructive habits because of family or external situational cues from which you consciously or unconsciously derive narrow, short-term limited pleasure from? What external pressures appear to be limiting your choices?

Becky feels compelled to continue her Saturday routine because of the agreements she has with her husband and her family, both the spoken agreements and unspoken ones.

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She will need to take time out to discuss these agreements and come up with a new solution that will honor her, and still respect the rest of her family.

How are you reinforcing your negative habits?

What do you say to yourself that encourages you to continue repeating these choices?

If you see a bit of Becky in yourself, you might want to begin consciously focusing on the things that are more important to you to obtain a different, more powerful, lasting result in your life. You'll benefit even more from establishing a positive habit than you derive from repeating a negative habit.

“Bad habits are like a comfortable bed,
easy to get into, but hard to get out of.”

—Proverb

Substituting Powerful, Positive Practices for Negative, Disempowering Habits

To interrupt a negative pattern, you need to immediately substitute a deeply positive pattern with it.

Basically, you're replacing an old, negative stream of thought or unconscious action by interrupting it with a new, positive stream of thought or conscious action.

One by one, those powerful, positive actions will aid you in achieving the results you want in ALL areas of your life life.

Let's take Becky's scenario above. It's complex and difficult to sort out what's really motivating her most. There are both contextual pleasure cues plus the social situational cues that have long kept Becky stationary in this habit and pattern for a year or more.

Becky's best strategy is to realize the effects these habits are having on her abilities to fully enjoy her life as an empowered, confident, capable goddess.

One of the most important lessons I reach to teach all my clients is to understand this concept. It will make all the difference in how you make choices and decisions for yourself going forward in your life.

**WHATEVER IS BEST FOR YOU, IS
ULTIMATELY, ALWAYS GOING TO
BE WHAT'S BEST FOR EVERYONE
YOU LOVE IN YOUR LIFE.**

Now, Becky may think that her enjoyment of those late mornings with her family comprise of the simple pleasures of life, however, when her health declines to the point she is no longer capable of caring for her health in the most joy-full and natural way for her (soccer), she will regret this decision.

Once she consciously makes the connection that this Saturday morning ritual is linked to harm she's incurring upon herself, both physically and emotionally by ignoring her authentic goddess nature (the authentic self who LOVES soccer, who enjoys feeling her body move and playing ball with the gals), she'll realize that it's an integral part of who and what she has always been. She'll immediately associate negative energy with sitting around modeling to her kids unhealthy lifestyle habits rather than modeling positive lifestyle choices.

If she decides that she truly wants to change her lifestyle to be more authentic to her natural way of living and enjoying life, she can then begin work to build the life she truly

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seeks, which may include her family seeing her play, enjoying her games, becoming more active together and eventually pursuing healthier lifestyle choices, together.

She can be the catalyst her entire family needs. She simply starts by replacing one negative habit (her current Saturday morning ritual) with a positive new ritual while finding a balance that fulfills her and still fulfills her place within her family.

To do this, Becky can:

1. Make a new choice to set her alarm on Saturdays for 8:30 a.m. She'll still get an extra hour and a half of sleep, and still have a little time to enjoy her morning ritual with her family.
2. Make a new choice to eat a smaller breakfast that nourishes her before she plays to experience the flavors she truly enjoys and still maintain her family's routine.

3. Show up to play soccer with the girls at 10:00 a.m.
4. Negotiate time for herself with her husband for an hour to rest and shower after she plays soccer before they do something together as a family.
5. Repeat this new practice every Saturday consistently 66 times – telling herself as she gets out of bed in the morning, she is honoring and celebrating herself and reclaiming a vital part of her authentic nature that she's deeply missed for years.

At the very least Becky should avoid skipping any Saturdays during the 66 days of integrating her new ritual that honors and celebrates her Goddess Nature.

6. Allow that reconnection to radiate out into other areas of her life. She may discover one of her children has the same adoration for soccer she does, and now they play together as well.

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It may be that her husband discovers he really enjoys coaching soccer and they even form a neighborhood team for the kids.

7. Ensure she's home early enough on Friday nights so she's in her own home (the same location) on Saturday mornings.
8. Establish situational cues that trigger her with rewards to continue to perform the positive practice that will lead Becky to loving her experiences in this ritual. For example, Becky can lay out her favorite soccer clothes and shoes so they're the first things she sees when her alarm sounds.

NOW, IT'S YOUR TURN.

Think of an area of life where you may be bending towards unspoken familial pressures rather than doing something that uplifts and honors your authentic nature.

Perhaps you want to reconnect to a vital part of yourself that has been missing in your life. If you apply this strategy to your own life, you can bit by bit reclaim your authentic nature, form new healthy practices that honor and celebrates your gifts and abilities!

Read the next case study below and visualize creative steps you can take to transforming a particularly difficult area of your life. Choose a negative pattern you can substitute for a new, powerful one that truly celebrates who you are!

CASE STUDY #2

Maybe you also desire to be healthier, lose a few pounds and trim away that excess fat. But for the last several years, you've taken the no-fuss, easy way out at breakfast. Maybe you used to skip it altogether and just drink a white mocha latte. Lately, you started adding on a cinnamon roll or muffin (but it's a low fat muffin!). It's an easy breakfast and you can just stand in line for it, grab and go.

You know you cannot live without your coffee. You love your lattes.

So, how can you change this continuous, automatic, self-rewarding behavioral loop of starting your day off with a negative habit to doing something that leads to your good health— a positive, joy-full habit?

Ask yourself, does drinking coffee and buying expensive drinks or expensive baked goods really honor me as a Goddess? Is this really my being empowered and making

conscious life choices that respects and honors and celebrates me as a person?

If the answer is no, then you are ready to begin creating a new self-identifying powerful habit!

1. Acknowledge to yourself that your habit of drinking lattes is a negative habit. It's something you do over and over again, automatically, even though you feel it doesn't really honor who and what you really are.
 - ➡ Consciously connect what you're doing to its negative effects, which in this case could be high cholesterol, excess pounds, and late morning headaches due to a lack of protein and overload of fats and carbs in your morning "meal."
 - ➡ Consciously connect what you are doing to yourself - the negative long-term results of so much caffeine on your heart first thing in the morning, the fat you are accumulating around your hips and thighs. The

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coffee stains on your teeth, the stagnant, bad breath coffee leaves behind.

➡ Consider the deep pleasure you gain from your coffee habit in the morning. What ways can you still honor that pleasure you gain from your coffee? How can you replace that deep sense of self-identifying pleasure with something else?

➡ If you are buying lattes every day, what could you put that money towards instead? Is this money you could use to buy a new outfit, a great new pair of shoes, or a day at a spa?

2. Consider ways you can replace your negative habit with a more positive habit. Ask yourself, what could I do that would honor me in my morning instead of drinking coffee and eating baked goods?

- Perhaps you LOVE to dance. In fact, you gain deep, self-identifying pleasure with dancing that you

don't get anywhere else. The music, the movement, the joy, the feeling of your body as you be-bop around the dance floor. You cannot wait to get out and dance on with your girlfriends.

- There are no negative rewards to dancing, because you only have one drink the whole night. Dancing is in and of itself the real reward. What if you consciously reconnected the identifying pleasure you get from coffee to the identifying pleasure you get from dancing? What if you danced in the morning BEFORE you ever take your first sip of coffee?
3. You stop buying cinnamon rolls and doughnuts. If they're not in the house, so you won't engage in this habit. You commit to no baked goods in your house for 66 days.
 4. You also choose to do skim milk or soy milk and decaf coffee for your lattes for the first 66 days to break down

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the coffee habit into a bite-sized chunk you can deal with. You still get all the sensation and joy out of the coffee, without all the negating habits. Eventually, your body no longer craves the caffeine and you can then step up and take another 66 days to delete the coffee habit altogether.

5. You purchase fresh fruits, granola and low-fat yogurt of your choice that are quick and easy: bananas, pears, and apples, for example. When you substitute “positive” food choices that will reduce your cholesterol and help you manage your weight better for your baked items, you’ll eventually develop a positive habit that takes the place of your negative one.
6. After your first 66 days, you replace the coffee with a protein shake made with OJ. Now, you are building healthier food choices and replacing a caffeine craving with something that honors and nourishes your body.

7. Place fruit and granola in the area where you used to keep your cinnamon rolls and doughnuts to set up your situational cue, which is the sight of the fruit. Also, you can't perform your negative habit (grabbing a doughnut or roll) if the source of it is gone.
8. If you make coffee at home, hide the coffee machine, sell it or give it to Goodwill. Replace the coffee machine with a blender for your protein shakes.
9. If you buy coffee at Starbucks or another coffee shop, choose to drive a different route to work to avoid the familiar situational cue to pull into Starbucks and order your drink.
10. Wake up 10-15 minutes early on the first 66 days of your new practice. Dance for five of those minutes. Then, choose a fruit to eat every morning and head off to take your shower. You just created an instant reward system.

11. Continue this behavior every day without deviating from your new plan for at least 66 days in a row. Then you step up to the next 66 day cycle and replace the coffee substitute with your protein shake and change your morning routine to get up another 15 minutes early and dance for 15-20 minutes. If you do this, you are doing what I call Rotational Formation. You are rotating down your old habit and rotating up to form a positive habit that slowly and effectively replaces your old, negative one.

You can successfully replace a negative practice with a new, positive and empowering practice that enlivens and celebrates your authentic nature. Applying the above process to your own situation will help you wipe out old habits that inhibit you from living your best life, ever.

“A nail is driven out by another nail; one
habit is
overcome by another habit.”
—Latin Proverb

How a Goddess Creates New, Vibrant, Powerful Practices That Manifest Her Dreams

There may be times when you don't have a negative habit that thwarts you from achieving your dream life. However, you may want to ramp up the pace at which you move forward to manifest your dreams and make them a part of your reality.

In this situation, you can develop new, positive triggers that support your intentions and automatically lead you right toward your dreams.

This is such a powerful approach to life manifestation and so simple to implement.

Once a positive new thought or action becomes a regular ritual or practice in your life, you'll do it automatically without even thinking about it.

Developing positive, self-rewarding, happy practice make it easier for you to create the magical, joy-full life of your dreams!

Here's how you can develop a positive practice rapidly to transform your career or business in just 90 days.

CASE STUDY #3

Suppose you want to become a go-to expert in your field. You want to make a difference at work and receive a promotion so you can make more money and buy that home of your dreams.

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Although you really enjoy your job, you've never really invested any of your personal time in your career. You don't read journals, trade magazines, or even brief articles or blogs on the Internet about your field. You certainly never thought about writing for such publications.

How can you expand your professional knowledge and horizons and become more effective at work? Commit to this path and strategy for a minimum of 66 days, no matter the industry and you will eventually reap some very powerful rewards.

These are the step-by-step strategies I employ when I want to become the go-to gal in any industry (I've proven this strategy works in over nine industries consulting with Fortune 500 companies on business strategy, competitive analysis and product development – this is the HOW in how to take you to the top. It's simple and effective.)

1. Commit to 90 days of no complaining, no whining and no naysaying at work. Smile, be upbeat, positive and be

willing to demonstrate what you are fully capable of. Always honor yourself and handle yourself in a way that is also honoring your manager and the business at hand.

2. If you feel overloaded and your manager hands you another project, be open about it. Explain clearly that one of the other projects will slip. Give her explicit time lines and resource requirements. Give your manager the option to determine which of the projects are most urgent and in need of immediate attention. This is a respectful way to handle an overabundance of projects.
3. Subscribe to professional or trade journals in the industry. It's important to have tangible evidence of your goal to become an authority in your field. Place books and journals on your coffee table, in your bathroom and on your bedside table. These are your situational cues to devote time to your study at home. Eliminate all other reading material that does not

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contribute to your goals. Hide it for the now.

4. Learn the lingo that industry experts use (as well as experts in your company uses). Master the acronyms & the terminology. Practice it so it sounds fluid and smooth. Practice in the morning as you take a shower, practice while you are brushing your teeth and while you are commuting to and from work.
5. Make it a point to meet all the executives in your company. Don't stalk them, but make it a point to become a familiar face to them. Greet them in the hallway. Smile at them. Ask them how their day is going. Simple. Effective. Don't offer to do anything for them, just be a familiar presence that seems consistent in their lives. Eventually, some of them will begin talking about you, wanting to know who you are. One or two may stop by your desk or office and check in on you. They'll be curious about you. It's never failed me. No one can resist curiosity. Be available when they stop by, but not too available. If they ask you for support on

a project, remind them you'll have to check you're your manager, but kindly offer to take on their project as long as it doesn't interfere with your other duties.

Business is an ongoing courtship in relationships, after all.

6. Never speak ill of any co-worker or executive. They are just people, like you. Think about how you'd like to be remembered there and always act accordingly.
7. Don't listen to naysayers at work. They are unhappy in their lives or in their positions, but if you take the bait, you'll likely be miserable with the rest of them. Keep your nose above the fray and don't sink to gossiping, strategizing or politicking your way through the day. It's the fastest and shortest way to be shown the door. If that's what it takes in your company, walk away and join a company that rewards you for YOUR best skills and your perseverance.

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8. Become a communicator. Go to toastmasters, get a communications coach, and commit to learn to communicate better. If need be, do away with your cable bill or some entertainment expenses. I cannot tell you how quickly this in and of itself will repay you. It will assist you throughout your career and in life. There's no excuse. Communication, negotiation and relationship building are the highest paid skills there are today.
9. Take key people in your company in different departments who seem to know a lot about the company or industry. Offer them coffee or a snack in exchange for the opportunity to pick their brain on a subject matter they are the expert in. The conversation will come about naturally. Ask open questions. Be genuinely interested in them as people. Take notes and offer to assist them in minor projects. If they take you up on the offer, make the effort to see it all the way through. You never know who might be watching.

10. Schedule time in your day to read about your profession and explore trending topics related to your field. Read blogs, websites, research, and study competitors. Even if the reading is dull or dry, continue to validate to yourself you are doing this for X reward (whatever that reward is, recognition in your field, that home, the promotion).
11. Even 30 minutes each day will give you the appetite to delve more into your profession and the specific areas that interest you. If you can, establish your study time to occur at the same time, say from 9:00 to 9:30 p.m. during evenings at home. What I do is take my reading with me to the gym, so I can read while I work out. The motivational lift of energized movement combined with dry reading seems to increase my ability to retain pieces of information I may need to reflect back on later.
12. Email or call one expert or journalist in your field every few days. If you are emailing an expert, ask them a question you feel only they can clarify for you. Tell

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them you admired their article on X... in your industry. If talking to a journalist, position yourself as an expert in your field and offer to be available to answer questions about your field if needed. Be gracious if they email or call back.

13. Join a local business organization that addresses your type of work. Attend the meetings consistently, be available to assist and make yourself known as capable, efficient and friendly. Whether they're weekly or monthly, be there consistently. Remind yourself you're working to establish the habit of cultivating a network of people you can build upon to be more successful and achieve your dream.
14. Engage in activities to cultivate your special interests. Check out library books, continue to meet co-workers in different departments to discuss work for an hour a week, and surf the Internet to see what's going on in your profession.

15. Offer to take on projects you know your manager needs to handle to support him or her on her career path. Don't do it with an eye to grow into her position, but to genuinely assist her in shining. Start with one small project to prove your capacity to succeed and grow from there.
16. Offer to engage with other departments. Be known as the gal who smiles at work, goes above and beyond to find collaborative solutions. Be known as savvy and capable. Avoid ever being seen as the person who stabs people in the back.
17. Using your new-found expertise, be open and willing to share your knowledge and ideas during meetings. The key here is to speak up from your growing foundation of knowledge. If your ideas are shot down, just keep trying. Eventually, someone will think your idea is a great one.

18. Don't get caught up in water-cooler drama or gossip-mongering. When the negative talk begins, be the one to turn away and get right back to work. Be professional & courteous, but measure your time by what you are engaging in. For example, are you investing your time in engaging in positive, constructive talks that empower people and empower the business itself to move forward?
19. Show up fully invested. Suit up and show up. To work, to events, to Look for ways to contribute proactively no matter what you are involved in. Don't just be a spectator in business or life: neither are a spectator sport. Be involved in every event, Be involved in every place you walk into. Even if your personal opinion is the event is crap, can your opinion at the door.
20. If your difficulty is meeting new business associates, because you (like me) are shy or reclusive, make a pact. Spend the next 66 days being the first one to reach out to others. Continue to reach out until they reach back

out to you. Reach out your hand and be the first one to say Hi, how are you. The worst type of person in business is the one who expects others to always reach out to her.

21. Finally, work to be the kind of person YOU want to work with, that makes the environment at work worth going for.

Engaging in these strategies will develop into a positive, joy-full practice of your work that will make a huge impact on your career, over time.

Often, we forget its only our attitude at work that ends up shaping our entire career. Be the first to have the winning, upbeat attitude and stay committed to positive, collaborative solutions and outcomes for everyone involved.

It definitely takes a certain amount of self-motivation, focus, drive and effort on your part to practice these

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strategies, rather than cave into an old habit of plopping down at the end of the day to turn on the TV and tune out, or surf the Internet and zone out.

As you can see from the above strategies, if you REALLY want something badly enough, you have to steel yourself to take consistent, daily steps by consciously choosing to perform behaviors that will give you results, repeatedly and consistently. Then, you'll establish positive habits that will lead you to the life you dream of.

While these steps are for a Goddess in a Job, a Goddess embarking on an entrepreneurial journey should take these very steps in hand as well. Adjust and course correct to make them fit you, but at the same time, always remember this:

**YOUR ENERGY AND
PERSONHOOD WILL BE
REMEMBERED. HOW IT WILL BE
REMEMBERED, IS UP TO YOU.**

**THE ENERGY YOU LEAVE BEHIND
CAN BE POSITIVE OR NEGATIVE.
IT'S YOUR CHOICE.**

I attempt to choose to be a positive influence, a light wherever I can, even if those there are too constrained by their negating habits and patterns to see it.

Smile, speak gently and kindly and carry a great damned big torch to light your way girl!

“We are what we repeatedly do.
Excellence, then, is not an act, but a habit.”

—Aristotle

Summary

By recognizing how your powers of daily practice impact your existence, you can rapidly make changes in any area of your life as you see fit. You can simply replace one practice, one pattern, one habit with another once you've identified the core-self-identifying aspects of a habit and pattern you tend to repeat.

Your entire life is made from the cloth of all the rituals, habits and practices you repeat day after day, week after week and month after month. When you consciously make choices to establish positive practices related to your true, authentic nature and how you view the life of your dreams, you'll be more likely to obtain the life you are seeking for yourself and your family.

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Research regarding habit development reveals that you should repeat a behavior 66 times, consecutively (without skipping) in order to establish a new habit. Aligning the habit with your core self, your real, authentic nature and your values will assist in establishing and molding the habit more firmly into your life. Over time it will fit and shape itself to you, rather than you trying to fit yourself to it.

If you learn to set up situational and contextual cues to positively reward and trigger you with clues to practice the positive powerful rituals of a new habit, you'll be far more successful in forming positive habits rapidly that will provide you with the life you truly desire.

Professionally and personally, how we identify ourselves as a mother, a person, a worker, a business woman, and finally, as a goddess, will directly impact how effortlessly it is to replace negative habits with positive ones.

By taking stock of all areas where negative thoughts, patterns, behaviors and reactions affect your life and being

willing to take the responsibility to change is the most powerful step you can take to do away with victimhood and the blame game.

Be honest with yourself about the results of your current behaviors. If you don't like the results you've gotten, instead of beating yourself up about them, take stock of what's not working, commit to a course of Loving and Honoring yourself for 66 days, set yourself up for success during those 66 days of commitment to a new life path.

Finally, make one change at a time. 66 days seems like a long time, but it's really just a little over 2 months. If you make a commitment to a new positive change every 2 months – you will have made lasting changes in 6 areas of your life, THIS YEAR ALONE!

That's something to be wildly proud of!

You do have the power and the strategies to take conscientious steps to replace your negative self-defeating

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habits rituals and thoughts with powerful, positive practices that enliven you, excite you and empower you.

When you work to establish positive practices and rituals using the research I've provided to you in this guide on habit development, you are guaranteed to succeed!

Finally, when you include your life dreams and visions for a magical, intentional, joy-full and abundant life in your daily routines by forming and continuing positive, empowering rituals and practices, you'll wake up one day to realize that you have indeed manifested life of your dreams.

“Any act often repeated soon forms a habit;
and habit allowed, steadily gains in strength.

At first it may be but as the spider's web,
easily broken through, but if not resisted it
soon binds us with chains of steel.”

—Tyron Edwards

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Be Peace. Be Joy. Be Bliss. Be One. Namaste.

~ Isis Jade
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